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LIGHTING FOR HOME STUDY

As fall days grow shorter, there are in many homes school lessons to be done by artificial light. Many parents are showing keen appreciation of the importance to the children of the right kind of light to study by and of a quiet place to work.

With either oil or electric light, the lamp should stand so that the burner or bulb is above the level of the eyes but its glare concealed by a shade. If an electric light, the bulb should be frosted on the inside to avoid eyestrain. Light should be reflected down in a wide circle falling on the books or papers of the student. The size of the shade, its depth from top to bottom and its width at the bottom, all affect its light reflection efficiency. The inside of the shade should be white or very light-colored for better reflection. It may be decorated on the outside to harmonize with the other furnishings of the room, but if the decorations or pattern on the outside can be seen from the inside, the lighting will not be good.

The Illuminating Engineers Society has designed a number of sturdy, efficient lamps, labeled "I.E.S.," that are considered very satisfactory by lighting specialists. Semi-indirect lighting is used in I.E.S. lamps by means of a diffusing bowl which throws a portion of the light upward and softens the part falling downward.

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